

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

March 2016

Volume 08 Issue 3

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### Regular Senior Center Hours: Monday– Friday, 8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

#### *Inclement weather Policy:*

When Tewksbury Public Schools are closed, the Senior Center is closed. If there is a two hour delay, the Senior Center is also delayed, opening at 10:00AM.

### A Message From Council on Aging Director Ashley Springman...

As many of you know the Senior Center experienced extensive water damage due to the extreme cold we had in mid-February. One sprinkler pipe, one sprinkler head and one outside spigot pipe let go, draining water into the great hall, kitchen and basement. ServiceMaster was brought in to dry the center and remove the hall floor. Many items in the basement were also destroyed.

We will soon begin the rebuilding process. Many people are curious about how long this will take, but unfortunately there is no way to determine this at this time. In the meantime Senior Center staff is doing its best to continue activities as normal. The facility reopened Monday February 22, 2016. We will be able to accommodate all weekly activities at the center, **except** the following, which will be held at the Tewksbury Rod & Gun Club located at 79 Chandler St:

- Lunch, Monday-Friday 11:30AM  
( *Meals on Wheels* will also be prepared and distributed from this site)
- Country Line Dancing, Wednesdays 10:30AM (Note: time change)
- Golden Age Club Game Days

Starting Tuesday March 1st, Zingo will be held at the Tewksbury- Wilmington Elks club located at 777 South St. Tewksbury . Please note that Lunch will NOT be served at the Elks Club, so those interested must go to the Rod and Gun Club beforehand to eat.

**All changes are posted at the Senior Center and will be updated regularly.**

**They will also be available on the Council on Aging's website and Facebook page.**

A Quick Reminder: Please try to bring exact change or a check to pay for classes/activities. Thank you!



COA Board Chair Ginny D. & Board Member Kathy W. make the best of a tough situation as they sort through items in the basement



**My Mission as Your Director:** *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*



Friends of the Elderly  
Valentine's Dance

Honoring couples married 50 plus years  
Above: State Representative, James  
Miceli presenting them each a citation



### Answers to last month's Sudoku

5	1	7	2	4	8	6	9	3
6	2	9	7	5	3	1	8	4
8	3	4	9	1	6	5	2	7
4	5	6	3	9	2	7	1	8
7	8	3	4	6	1	9	5	2
1	9	2	8	7	5	3	4	6
3	4	5	1	2	7	8	6	9
9	6	8	5	3	4	2	7	1
2	7	1	6	8	9	4	3	5

### WHAT'S HAPPENING?

There are 3 bulletin boards at the Senior Center; one for in-house activities, one for upcoming trips & one for community events. This is where you will find the most up-to-date information. So, stop by and check them out! Anything posted on the community board must be approved by the Director and is limited to non-profit agencies only.

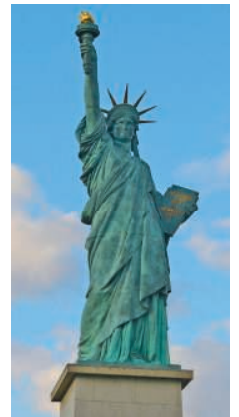
### SAVE THE DATE

#### New York City 2 Day Tour

Thursday May 19– Friday May 20

Visit to 911 Memorial & Museum, Ferry to Ellis & Liberty Island/Statue of Liberty. Trip includes: Transportation, 1 Night Hotel, 1 lunch & 1 breakfast, Memorial & Museum Passes, Ferry Ride...

MORE DETAILS IN NEXT MONTH'S NEWSLETTER



### UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
March 11, 2016	10:00am	The Young Irishlanders (Irish Step Dancers)	\$89/pp	Available Now
March 18, 2016	8:30am	Boston Flower & Garden Show and Faneuil Hall for Lunch (on your own)	\$32/pp	Available Now

**Council on Aging Staff****Ashley Springman, MS, LSW**

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**Council on Aging Board Members:**

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Joel Deputat- Vice Chair

Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Bob MacInnis

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

**\*\* Prizes for Our Readers \*\***

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

*Winner from February is **Maureen Francis** - Congratulations!*

*Mistake on pg. 8, "taking" instead of "talking"*

**NEW: 3 Week Workshops with Sandy**

Cost: \$30/person

When: Wednesdays, 12:30-3:30PM



**Bracelet Building Workshop**— Use fused glass techniques to make individual components that will be linked together with simple metal working methods and finished with a forged clasp.

When: 2/17, 2/24, 3/2

**Pretty Pendants Workshop**— Select a color pallet of your choice to construct a fused glass necklace. Wirework, beads and metal forging will be used to finish your necklace in style.

When: 3/9, 3/16, 3/23

**Caregiver Tips From Nicole Hutcheon, Outreach**

As a caregiver for an ailing parent, child, spouse, or other loved one, you're likely to face a host of new responsibilities, many of which are unfamiliar or intimidating. At times, you may feel overwhelmed and alone. There are many different types of family caregiver situations. You may be taking care of an aging parent or a handicapped spouse, or perhaps you're caring for a child with a physical or mental illness. If you're like most caregivers, you aren't trained for the responsibilities you now face. You probably never anticipated you'd be in this situation. With the right help and support, you can be an effective, loving caregiver without having to sacrifice yourself in the process.

Despite its challenges, caregiving can also be rewarding. There are a lot of things you can do to make the caregiving process easier and more pleasurable for both you and your loved one. These tips can help you get the support you need while caring for someone you love in way that may benefit both of you. Remember, providing care for a family member in need is an act of kindness, love, and loyalty.

**Learn as much as you can** about your family member's illness or disability and about how to be a caregiver. The more you know, the less anxiety you'll feel about your new role and the more effective you'll be.

**Seek out other caregivers.** It helps to know you're not alone. It's comforting to give and receive support from others who understand what you're going through.

**Trust your instincts.** Remember, you know your family member best. Don't ignore what doctors and specialists tell you, but listen to your gut, too.

**Encourage your loved one's independence.** Caregiving does not mean doing everything for your loved one. Be open to technologies and strategies that allow your family member to be as independent as possible.

**Know your limits.** Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and other people involved.

**TAX RETURN ASSISTANCE FOR SENIORS**

Our AARP Volunteers are still available to help Tewksbury's Seniors with their tax returns.

Tuesdays & Thursdays through April 7th

10:00 am to 2:00 pm

Please contact Jan at 978-640-4482 to book an appointment.

**WEEKLY SCHEDULE**

Special events &amp; schedule changes on page 7.

**Golden Age Club News***Submitted by Rose McKenna*

<b>MONDAY</b>	
<b>AM</b> 9:00 Forever Fit 9:30 Men's Yoga 9:30-11– Blood Pressure Clinic provided by Circle Home Health (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	<b>PM</b> 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
<b>TUESDAY</b>	
<b>AM</b> 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Movin' & Grovin' Exercise 11:30- 4 Piecemakers for Charity	<b>PM</b> 12:30 45's 12:45 ZINGO 1:00 Independent Painting 5:00 Fit for All
<b>WEDNESDAY</b>	
<b>AM</b> 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	<b>PM</b> 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Chair Yoga 2:30 45"s
<b>THURSDAY</b>	
<b>AM</b> 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	<b>PM</b> 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:15 Zumba (no class 3/10) 5:00 Fit For All
<b>FRIDAY</b>	
<b>AM</b> 8:30 Walking Club 9:30 Bone Builders #3	<b>PM</b> 12:30 International Mah Jong

There was some confusion in the last month's News-letter regarding the Red Sox ticket raffle for September.

The price of the seats are \$99 per seat. The winner will receive two tickets/seats. The cost of the raffle is \$25 per ticket. The ticket sale will start on Tuesday afternoon beginning in March. Tickets sales will take place in front of the Golden Age Club Office.

Please check the GAC bulletin board for all our events. Be sure to get a pick 5 and lottery raffle tickets from which the proceeds will benefit our scholarships. Applications for a scholarship may be picked up at the GAC office from Kay Maher or Nancy Zabawa. Students must be a 2016 graduate from either Tewksbury High or Shawsheen Valley Technical High School.

Our LRC (left right center) Game Day has been a great success. We have now scheduled (LRC) Games on Friday afternoons @ 12:30pm on March 25, April 22 and May 27. If you are not sure how to play, come on down and someone will show you. You will be sure to have lots of fun!

Whenever we have tickets for sale there will be someone in front of the Golden Age Club Office on Tuesday afternoons. We are also looking for more volunteers to help with the sale of these tickets. Not only will you be helping with our sales, but you will also be meeting and making new friends! As I am typing this I am listening to the weather report it says the wind factor is 17 below, Brrrrrr. Keep warm - Spring is just around the corner!

**SIGN UP FOR OUR FOOT CARE CLINIC**

**WHO:** Catherine Languedoc RN BSN, CFCN  
(Certified Foot Care Nurse)  
**WHEN:** 3rd Thursday of Every Month  
**WHERE:** Senior Center Nurses Office  
**COST:** \$30 accepted at time of appt.



Call Jan at 978-640-4482 to make an appointment



**The SHINE Program** provides information to elders and disabled adults to help them understand Medicare benefits and other health insurance options. SHINE services are free and confidential. If you are a resident of Tewksbury you can make an appointment by calling 978-640-4480.

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

**Friends of the Elderly, Inc.***Submitted by Linda Brabant*

Congratulations are extended to those Special Couples who were the guests at the Friends Valentine Dance all of whom celebrated their 50<sup>th</sup> or 50+ Anniversary this past year. They were:

Bruce & Sue Appleby 50<sup>th</sup>  
 Mike & Joan Lambiaso 50<sup>th</sup>  
 Mel & Elaine Leeds 50<sup>th</sup>  
 Jerry & Vivian Tirella 51<sup>st</sup>  
 Andy & JoJo Scharmer 51<sup>st</sup>  
 Ron & Diana Damato 52<sup>nd</sup>  
 Rino & Mary Discepolo 52<sup>nd</sup>  
 Al & Mary Miano 55<sup>th</sup>  
 Jim & Carole Ferraguto 56<sup>th</sup>  
 Rich & Rita Humphrey 57<sup>th</sup>

There were three other couples also celebrating this past year but unable to attend. They were:

Tom & Bev Jones 50<sup>th</sup>  
 Bob & Jackie Rhodes 52<sup>nd</sup>  
 Walter & Lillian 64<sup>th</sup>!

A special note of thanks is extended to Representative Jim Miceli who presented Citations to our guests...and... a thank you to all those Seniors who helped with preparations and clean-up after the event.

Tickets for the Monday, March 7<sup>th</sup> Foxwoods trip may still be available. The next casino trip is to Foxwoods on Thursday, April 7<sup>th</sup>. The cost is \$35 and includes a casino package and driver gratuity. For more info call Linda at 978-851-4243.

Due to the water damage at the Senior Center which resulted from the extremely cold weather during President's Day weekend, the Friends of the Elderly will NOT hold its

Annual St. Patrick's Corned Beef and Cabbage Dinner and Dance on March 11<sup>th</sup>. Those who have already purchased tickets will be refunded. Please call Linda Brabant at the above number to arrange for your refund.

Friends events coming up in April are:

A Breakfast Benefit will be held on Sunday, April 10<sup>th</sup> at the Senior Center from 7:30 to 11:00am. Tickets are available at the door. Adult tickets are \$7, Children 12 and under \$3 and Toddlers are free.

A Cribbage Tournament will be held on Saturday,

April 23<sup>rd</sup> at the Senior Center beginning at 12:00 noon. Tickets are now available at \$20 per player (cash only); and, at the door. All are welcome.

On Saturday, April 30, 2016 the Friends will hold its Spring Yard Sale at the Senior Center from 9:00 AM to 2:00 PM. Table space is available at \$15 per table or 2 tables for \$25. Table reservations are now being taken. Admission to the Yard Sale is Free. Luncheon Specials will be available as well as a Yummy Bake Sale Table.

As always the Public is Welcomed to these events.

The Friends of the Elderly trip and event tickets are available for purchase mornings from 8:15 to Noon Monday through Friday.

**GOD BLESS AMERICA & HAPPY SPRING!**

**Red Hat News***Submitted by Diane Joy***Happy St. Patrick's Day & WELCOME SPRING!!!**

March 2016 seems to have a lot going on:

St. Patrick's Day -- March 17<sup>th</sup>

Daylight Savings -- March 13<sup>th</sup>

First Day of Spring -- March 20<sup>th</sup>

March Madness -- March 13<sup>th</sup> through April 4<sup>th</sup>

Spring Break -- (dates vary per University/College)

Easter Sunday -- March 27<sup>th</sup>

**Upcoming Event Dates:**

Wednesday, March 16, 2016 @ 6:00pm, Flower Power

**THURSDAY**, April 21, 2016 @ 6:00pm

**PLEASE NOTE DAY CHANGE!** Movies in your PJ's.

Wednesday, May 18, 2016 @ 6:00pm, Italian Dinner

Wednesday, June 15, 2016 @ 6:00pm, Tea Party

Wishing all of you a wonderful month!

Happy Easter to all!

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!



# Elder Services of the Merrimack Valley

March 2016

## Lunch Menu for On-site Dining & Meals on Wheels Delivery (\$2.00 Donation)

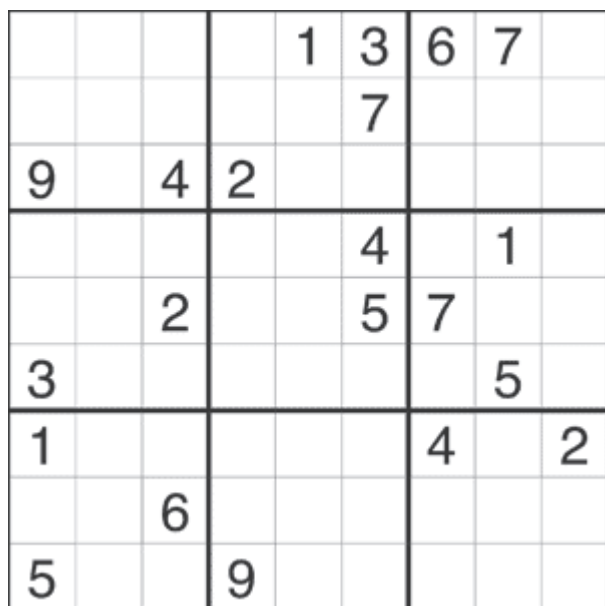
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Peach Glazed Chicken Scalloped Potatoes Broccoli and Cauliflower Whole Wheat Dinner Roll Diced Pears	2 Oriental Pork with Soy & Ginger Sauce White Rice Asian Blend Vegetables Whole Wheat Bread Seasonal Fresh Fruit	3 Beef Stew Peas and Corn Biscuit Sliced/Diced Peaches	4 Baked Trout with Sauce Brown Rice Carrots Whole Wheat Dinner Roll Strawberries
7 LS Hot Dog Beans Mixed Vegetables Whole Wheat Hot Dog Roll Strawberries	8 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Oatmeal Bread Mixed Fruit	9 BBQ Chicken Red Bliss Mashed Potatoes Green Beans and Corn Whole Wheat Dinner Roll Fruit Loaf	10 Shepherd's Pie Peas Whole Wheat Bread Seasonal Fresh Fruit	11 Eggplant Parmesan with Marinara Sauce Pasta Sautéed Spinach Dinner Roll Bread Pudding
14 Chicken Marsala Seasoned Roasted Potatoes Green Beans Dinner Roll Diced Pears	15 Slice Pork Roast with Gravy Mashed Sweet Potato Cabbage with Garlic & Onions & a hint of Red Cabbage Natural Grain Bread Applesauce	16 Potato Pollock Filet Rice Pilaf Broccoli and Cauliflower Natural Grain Bread Chocolate Chip Cookie	17 St. Patrick's Day Special Corned Beef with Maple Mustard Glaze Cabbage/Carrots/Onions Boiled Potatoes Whole Wheat Bread Crème De Mint Mousse	18 Broccoli & Cheese Frittata Potatoes O'Brien Carrots Oatmeal Bread Sliced/Diced Peaches
21 Lasagna With Meat Sauce Sautéed Spinach Whole Wheat Bread Fruit Loaf	22 Baked Fish with Sauce Brown Rice Zucchini and Tomato Whole Wheat Dinner Roll Yogurt	23 Roast Turkey with Gravy Mashed Potatoes/Stuffing Carrots and Turnip Natural Grain Bread Mixed Fruit	24 Sweet and Sour Chicken Breast with Pineapple Brown Rice Pilaf Broccoli Whole Wheat Dinner Roll Cookie	25 Macaroni & Cheese with crumb Topping on the side Green Beans Whole Wheat Bread Sliced/Diced Peaches
28 Salmon with Dill Sauce Vegetable Brown Rice Brussel Sprouts Honey Wheat Dinner Roll Lemon Pudding	29 Penne Pasta with Meatballs & Sauce Buttered Peas with Carrots Natural Grain Bread Diced Pears	30 Chicken with Lemon Sauce Brown Rice Green Beans Whole Wheat Dinner Roll Mixed Fruit	31 American Chop Suey w/Parmesan Cheese Peas Carrots Natural Grain Bread Assorted Cookies	

March 2016—Special Events & Schedule Changes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
					9:30-11am Parkinson's Support Group	
6	7	8	9	10	11	12
	2-6pm Intake for Upscale Consignment Shop			9:00am Men's Group		
13	14	15	16	17	18	19
	10:00am M.S. Support Group					
20	21	22	23	24	25	26
First Day of Spring!		10-11am Brown Bag Pickup for participating seniors		9:00am Men's Group		
27	28	29	30	31		
						

LET US PLACE YOUR AD HERE.

**Sudoku:** The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 4x4 box contains the same number only once.



**Every visit to the Senior Center counts!**

Make sure to sign in on the touchscreen each time you visit, choosing ALL of the activities you plan on attending for the day.



We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.

**DO YOU REMEMBER**

What these were used for?

*Answer on page 12*



**Recycling**

I am still collecting new cards, tabs from cans, tags from tea bags. *I am no longer collecting bottle caps.* If you know of anyone who is collecting them, I would be glad to collect the bottle caps for them. Please let me know.

Thank you! Kay Maher

**DJ Jon Mansfield** is at the Senior Center on the last Monday of every month for a **daytime dance**. Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.

Thank you **Peregrine's Landing of Tewksbury** for preparing such a delicious meal for this event each month!



**Word Search**



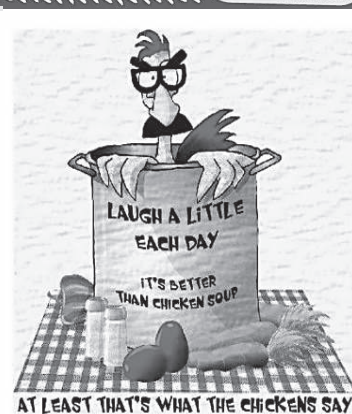
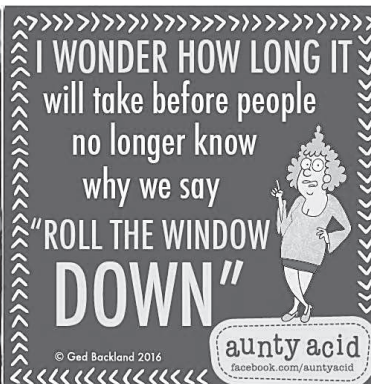
As you look for the hidden words, remember that they can be horizontal, vertical or diagonal, frontwards or backwards.



SPRING  
SHAMROCK  
CORNED BEEF  
GREEN  
BUDS  
LEPRECHAUN  
CLOVER

IRELAND  
CELTIC  
THAW  
POT OF GOLD  
CLADDAGH  
IRISH  
ERIN GO BRAGH

TULIPS  
RAINBOW  
LUCK  
BEER (X2)  
LOOT





PUBLIC HEALTH WEEK—APRIL 4-9  
Tewksbury Public Health Museum  
Tewksbury Hospital

FREE ADMISSION TO THE PUBLIC HEALTH  
MUSEUM AT  
TEWKSBURY HOSPITAL—MORRIS BUILDING

Tuesday, April 5, 1-5 pm  
Wednesday, April 6, 1-5 pm  
Thursday, April 7, 1-5pm  
Friday, April 8, 2-7pm  
Saturday, April 9, 3-5pm

FRIDAY, APRIL 8, 7:00pm— *Free Admission*  
Public Health Museum @ Tewksbury Hospital

“George Washington’s Relationship to Tewksbury” given  
by David Marcus, President of the Tewksbury Historical  
Society

Followed by:

“Health Problems in the Revolutionary War” given by  
Dr. Alfred DeMaria, Jr., Medical Director and State  
Epidemiologist, Bureau of Infectious Diseases,  
Mass Department of Public Health

SATURDAY, APRIL 9  
“Old Chapel” Tewksbury Hospital  
365 East Street  
Tewksbury

Admission: \$10.00 general  
\$6.00 under 12 and over 60 years of age  
(Group rates available)  
Performances at 2-3pm and 7-8pm

“Annie Speaks” A performance by actress Collette Cullen  
featured as Anne Sullivan, the teacher and companion of  
Helen Keller. Anne Sullivan in perhaps Tewksbury’s most  
famous woman, who lived at the Tewksbury Hospital for  
4 years. After the performances, copies of Ms. Cullen’s  
book will be available for purchase and signing.

SATURDAY, APRIL 9, 3-5pm

Take a free guided tour and learn about  
Therapeutic Equestrian Riding with  
Pattie Lessard, Director of Operations at  
the Strongwater Farm Therapeutic  
Equestrian Center, Livingston Street,  
Tewksbury Hospital.



### Springtime Safety Tips

*Submitted by Jennie Welch— TPD*

Springtime is the perfect time to perform a complete safety review of your home. Please consider these areas of concern to keep you and your loved ones safe.

**Smoke/CO2 Detectors** - In conjunction with your spring cleanup, it is a good idea to change the batteries in each smoke and carbon monoxide alarm in your senior’s home. Test the operation of each alarm and ensure that fire extinguishers are within reach and ready to operate.

**Furniture** - A thorough walk-through of the house once a year can uncover any furniture that is becoming unsafe. If it is not sturdy enough for use, make sure it is repaired or removed. Don’t forget about outdoor furniture as well.

**Medical Alerts** - Many seniors have medical alert jewelry or an emergency button to keep with them. If something has been lost or new medical information makes an alert necessary, you can order the identification that is needed.

**Emergency Plan** - It may seem like overkill to review an emergency safety plan each year with your loved ones, but having it fresh in mind help will help avoid panic if an emergency does occur. Talk about escape routes in case of fire and who to call when emergencies occur. Display a contact list near the telephone.

**Flooring**- Tiles chip, vinyl peels, and rugs begin to curl. Check the flooring and floor covers throughout the house to ensure that tripping hazards have not developed. A minor area of damage or unlevelled floor could cause a serious fall if it is not repaired.

**Railings** - Secure railings are a must in the homes of seniors. As we age, we depend more and more upon the security that a sturdy railing provides as we go up and down stairs. If you can make a railing wobble, have it properly secured so that it does not become loose. Also consider other areas where a railing or grab bar may be needed.

**Medication**- Expired medication can be ineffective or unsafe if consumed. The police department has a kiosk available 24 hours a day 7 days a week in the lobby for disposal of unwanted or unused medication. This is also a great time to update medication and doctor lists so that your senior has a comprehensive and convenient medical file on hand.



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**Tewksbury Senior Center**  
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We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at [kwbraelyn@verizon.net](mailto:kwbraelyn@verizon.net) or call Jan at the Senior Center 978-640-4480.

**Answer from pg. 8:**  
**Clothes Pins**

**Important Telephone Numbers for Seniors:**

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

**Elder Service of the Merrimack Valley**  
**1-800-892-0890**

**Senator Barbara L'Italien**

State House Room 413-C\  
 Boston, MA 02133  
 Phone: 617-722-1612  
 Email: [Barbara.L'Italien@masenate.gov](mailto:Barbara.L'Italien@masenate.gov)

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